

# BUILD A STRONGER WORKPLACE

## RESILIENCE WORKSHOP SERIES

**Empower your employees with practical resilience skills to:**

- Navigate workplace challenges effectively
- Enhance team cohesion and psychological safety
- Reduce mental health stigma
- Boost productivity through improved well-being
- Have employees feel they're valued by their employer



## WORKSHOP SERIES



### WORKSHOP ONE

In the 60-minute interactive session, employees will learn about resiliency and how to better adapt when facing their workplace stressors.



### WORKSHOP THREE

In this final 30-minute workshop, there will be a focus on a growth mindset and gratitude to enhance how to deal with stress and burnout.



### WORKSHOP TWO

This 30-minute workshop will review information from Workshop One and continue to build on skills to better handle stressors unique to their company and/or department.



### LED BY: JESSICA MORRIS, MBA, ATC

Certified Resilience and Thriving Facilitator  
Certified Mental Health First Aider  
Certified Health Coach  
Certified FinWELL Champion

## GROW FROM RESILIENT TO THRIVING

- Workshops are customized for each employee group.
- Class size can range from 5-25, but larger groups can be accommodated.
- Cost varies based on number of attendees and if multiple workshop series are desired. Contact for pricing.



859-760-6191



[jessica@ryttsolutions.com](mailto:jessica@ryttsolutions.com)